Not Feeling Too Good? Try Eating Raw Garlic

We did, read on and see how it went for us...

We were feeling fairly ill…

Someone told us that eating a clover of raw garlic would be good. Now, as we sit a few days the other side of eating the garlic, we are feeling better, but that could have happened anyway, right?

What's the story here? Let us start from the garlic.*

We cut it into pieces that we felt we could swallow, as we didn't feel too keen about chewing it up (we like garlic, quite a lot, but not enough to chew raw cloves, ok). We proceeded to swallow each piece with water. It left a slightly garlic-y taste in our mouth, but it was all fine.

There was nothing to notice for some time that day until some 6 hours later, it all began. First we experienced a very notable increase in flatulence. This was, initially, all blustering bravado, all noise (and plenty of it) and no other notable results. 12 hours after the initial ingestion, things took a change; we now found that the power and volume of the flatulence receded, to be replaced by a very sulfurous odour. This continued for a further 48 hours, only actually decreasing in strength in the last 12 to 8 hours (or so we believe, other information led us to believe that perhaps we were becoming accustomed to the odour, much to our horror).

There was one further observation that we made, that we hesitated to record here, for what we hope would be obvious reasons. As we said, we are quite partial to eating garlic, and usually do so in a cooked meal. We do eat raw garlic, generally as a pureed sauce with some vegetable oil and lemon juice, or as an ingredient in a salad dressing, and various other such ways. What happened towards the end of the experience was that our bowel movements took on a very distinct odour, quite unlike faeces, and much like a fine garlic sauce. We were surprised to find ourselves thinking that if, in fact, we only had our sense of smell available to us, we would have never suspected that what lay beneath our nose was excrement.

Why this tale? And well indeed that you may ask. We got better. Try it yourself next time you are ill and see how it works out for you. Also, it can be handy knowing what you can make your body produce and for how long. How about just a day before you go to a big concert, or to any kind of enclosed space with lots of people. Think about it, it could be very funny and quite fun. Send us in suggestions or details of your experiences.

(Following this, we thought that gigs, festivals and camping holidays were best for this. That and before a night out drinking,because it can't hurt, and it's a great talking point.)

*Let us say at this stage, that we could have given a lengthier description of the garlic and the process that resulted in cutting the garlic into pieces. We have not done this because this is not a Tolkein novel. If it were it may have read something like this… I a dark pantry, beneath the shelves which held many food stuffs and an assortment of devices and objects kept to aid certain situations which would confront the householders a few times a year, if not more often in cold winter months. The upper most shelves held such handy objects as telephone books, sticking plasters and candles. The next shelf held a number of torches and tins and containers in which lay a variety of home made cakes, biscuits and breads. Hidden away at the back of this shelf, tucked away out of sight, the remains of a block of chocolate waited to be remembered. The shelf beneath held a number of cookbooks, cooking magazines and loose-leaf folders in which the householders had collected many printed and hand written recipes, some older than the householders themselves. As the shelves went downward they contained packaged and canned foods such as the shelf filled with many different types of crackers, pasta, rice and noodles. Below this were shelves of cans and jars, holding an exotic collection of things such as coconut cream, Italian roma tomatoes, Hungarian pickles and even a can which had lost it's label, leaving the house holders afeared of even opening it. The lowest shelf held an assortment of ancient liquor bottles, many holding the barest fraction of a nip, whilst a few held enough to bring a splash of colour or favour to any meal, or even, on cold nights, to help bring some internal warmth. Beneath this final shelf lay the home of all the root vegetables and bulbs. Here, in the darkness lay a number of varieties of onions, garlic, many varieties of potatoes, and even some pumpkins, resting deep in the darkness at the back of the pantry.
It is from this darkness, within a white plastic bag, which had been saved from the supermarket, that a garlic bulb was selected, it's purple, papery skin peeled back to free a single clove. This clove of garlic was carefully peeled, revealing it's white flesh within. Having peeled the garlic, slowly, and with much respect and care, the freed clove was placed upon a small wooden chopping board and a large knife was selected with which to cut the garlic into smaller pieces ready to be swallowed. Taking up the blade with care, the root of the clove of garlic was carefully cut away. Carefully we cut the garlic first in half, length ways, and then into six roughly similar sized pieces that were deemed to be easy to swallow, with the right amount of water. For this purpose we filled a pint glass with water. Upon starting to swallow down the pieces of raw garlic, we found that we actually required two pint glasses of water. So, when we emptied the first, we were quick to refill it and then continue to drink. We had previously consumed some soup and so now found ourselves feeling rather full and fairly lathargic. We do not attribute this to the fact that we had swallowed raw garlic, rather to the fact that we had just drunk over a litre of water, after eating a rather large bowl of soup. Not wishing to conclude our previous activities.... And on and on it would go for some 60 pages without covering anything remotely interesting or worthwhile, all the while excessively describing everything you really don't need to know about. Hence our choice above to make our way to the point, fast.